

# Building for the Future

## Proposed Meal Pattern Changes Versus Best Practices



# Infants Proposed Meal Pattern

- Two age groups
  - 0 through 5 months
  - 6 through 11 months
- Better alignment with IOM infant feeding recommendations
  - Not begin solids until 6 months



# Infants Proposed Meal Pattern 6 -11 Months



- Breakfast
  - includes infant cereal or meat/meat alternative for infants 6 months of age and up
- Snack requires
  - 2-4 oz breastmilk/formula
  - ¼ - ½ oz bread, cracker, ready-to-eat breakfast cereal
  - -2 Tbsp fruit, veggie or combo



# Infants Proposed Meal Pattern

- Only breastmilk and/or formula through 5 months
- Introduce solids as appropriate and with guidance from parents at 6 months of age
- Reimbursement provided when mother breastfeeds (Employee or Non-employee)
- No fruit juice or cheese/cheese products
- And continue to prohibit serving yogurt



# Infants Proposed Meal Pattern 0 through 5 months

Meal	Component/quantity required
Breakfast	4-6 oz breastmilk/formula
Lunch/Supper	4-6 oz breastmilk/formula
Snack	2-4 oz breastmilk/formula



# Infants Proposed Meal Pattern 6 through 11 months

Meal	Components/Quantity Required
Breakfast	6-8 oz breastmilk/formula 1-4 Tbsp cereal/meat/fish/poultry/egg yolk/cooked dry beans or peas or combo 1-2 Tbsp fruit, veggie or combo
Lunch/supper	6-8 oz breastmilk/formula 1-4 Tbsp cereal/meat/fish/poultry/egg yolk/cooked dry beans or peas or combo 1-2 Tbsp fruit, veggie or combo
Snack	2-4 oz breastmilk/formula ¼ - ½ oz bread, cracker, ready-to-eat breakfast cereal 1-2 Tbsp fruit, veggie or combo

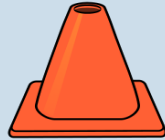


# Infants Best Practices

- Encourage mothers to breastfeed
- Provide a quiet private area for mothers to breastfeed
- Provide materials and other educational opportunities to breastfeeding mothers
- *Better Meet Nutritional Needs* - Handout



# Proposed Child and Adult Meal Pattern



- New age group for At-Risk Sites: 13 – 18 year olds
  - same minimum quantities as 6-12 year olds
  - REMEMBER: **MINIMUM**
- Fruit and vegetables become two separate components for lunch/supper and snack
- Fruit juice and vegetable juice cannot be served at the same meal
- No frying (no added fat or oil when cooking)





# Best Practices for Vegetables/Fruit

- Variety of vegetables – dark green, red or orange and legumes once per week
- Every snack include one fruit or vegetable
- Limit fruit and vegetable juice to no more than one serving per day



# Proposed Child and Adult Meal Pattern Grains

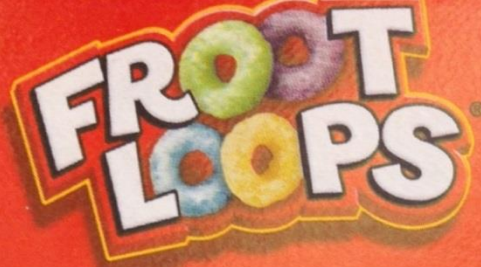
- Breakfast cereals must meet WIC guidelines (Handout)
- 6 grams sugar per 1 ounce dry cereal
- At least 45% Daily Value iron per 1 ounce dry cereal
- Examples:
  - General Mills Cheerios
  - Kellogg's Frosted Mini Wheats
  - Malt-O-Meal Frosted Mini Spooners
  - Great Value Crisp Rice
  - Hy-Vee Corn Flakes



# What's in a Label?

- Read ingredients lists for whole grain content
- Use Nutrition Facts Labels for WIC requirements
- Remember ounces to grams conversion!
  - 1 dry ounce = ~28 grams





# Nutrition Facts

Serving Size 1 Cup (29g)  
 Servings Per Container About 16

Amount Per Serving	Cereal	with 1/2 cup skim milk
<b>Calories</b>	110	150
Calories from Fat	10	10

	% Daily Value**	
<b>Total Fat</b> 1g*	2%	2%
Saturated Fat 0.5g	3%	3%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 135mg	6%	9%
<b>Potassium</b> 35mg	1%	7%
<b>Total Carbohydrate</b> 25g	8%	10%
Dietary Fiber 3g	11%	11%
Sugars 12g		
<b>Protein</b> 1g		

Vitamin A	10%	15%
Vitamin C	25%	25%
Calcium	0%	15%
Iron	25%	25%





Nutrition Facts	
Serving Size 28 Biscuits (55g/1.9 oz.)	
Amount Per Serving	
<b>Calories</b>	<b>180</b>
Calories from Fat	10
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Potassium</b> 170mg	<b>5%</b>
<b>Total Carbohydrate</b> 43g	<b>14%</b>
Dietary Fiber 5g	<b>24%</b>
Soluble Fiber 1g	
Insoluble Fiber 4g	
Sugars 9g	
<b>Protein</b> 6g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% •	<b>Iron 8%</b>

$$1 \text{ oz} \div 1.9 \text{ oz} = .53$$

$$.53 \times 9 \text{ g sugar} = 4.77 \text{ gram sugar in 1 oz}$$

NOT ENOUGH  
IRON!  
Only 8% DV







**Whole Grain**  
Grains entiers

# Cheerios

400 g Cereal / Céréales

## Nutrition Facts

Per 1 cup (30 g)

Amount	Cereal Plus 125 mL Only 2% P.S. Milk	
<b>Calories</b>	120	180
	% Daily Value	
<b>Fat 2 g*</b>	3 %	7 %
Saturated 0.4 g + Trans 0 g	2 %	10 %
<b>Cholesterol 0 mg</b>		
<b>Sodium 270 mg</b>	11 %	14 %
<b>Carbohydrate 22 g</b>	7 %	9 %
Fibre 3 g	12 %	12 %
Sugars 1 g		
<b>Protein 4 g</b>		
<b>Vitamin A</b>	0 %	8 %
<b>Vitamin C</b>	0 %	0 %
<b>Calcium</b>	4 %	20 %
<b>Iron</b>	30 %	30 %
<b>Vitamin D</b>	0 %	25 %
<b>Thiamine</b>	4 %	8 %
<b>Riboflavin</b>	2 %	15 %
<b>Niacin</b>	6 %	15 %
<b>Vitamin B<sub>6</sub></b>	10 %	15 %
<b>Folate</b>	8 %	10 %
<b>Vitamin B<sub>12</sub></b>	0 %	25 %
<b>Pantothenate</b>	6 %	10 %
<b>Phosphorus</b>	10 %	25 %
<b>Magnesium</b>	15 %	25 %
<b>Zinc</b>	8 %	15 %

\* Amount in cereal

# Proposed Child and Adult Meal Pattern Grains

- At least one serving daily of whole grain-rich food
- No more grain-based desserts
  - See Grains/Breads list (3-15 *Food Buying Guide*)
  - Groups D, E, F, G (doughnuts, sweet rolls, toaster pastry, cookies, cake, brownies, etc.)



# Best Practices for Grains

- Provide at least 2 servings of whole grain-rich per day





# Proposed Child and Adult Meal Pattern Meat/Meat Alternate

- Allow meat/meat alternate to count for up to  $\frac{1}{2}$  grain requirement at breakfast
  - $\frac{1}{2}$  required amount toast with peanut butter
  - $\frac{1}{2}$  required amount cereal with scrambled eggs
- Allow tofu as meat alternate



# Best Practices for Meat/Meat Alternatives

- Serve only lean meats, nuts and legumes
- Limit pre-fried foods to once per week
  - French Fries/Tater Tots (Vegetable)
  - Egg Rolls/Mozzarella Cheese Sticks
  - Deli Fried Chicken
- Processed items no more than once per week
  - Chicken Nuggets
  - Fish Sticks
  - Corn dogs
- Serve Only natural cheeses



# Proposed Child and Adult Meal Pattern Milk



- Require ONLY UNFLAVORED WHOLE milk for children 1 year old
  - 1% or skim (fat-free) to participants 2 years and older
  - Flavored milk must be fat-free
- \*Adults ONLY: yogurt used as fluid milk once per



# Best Practices for Milk

- Only unflavored milk to all participants



